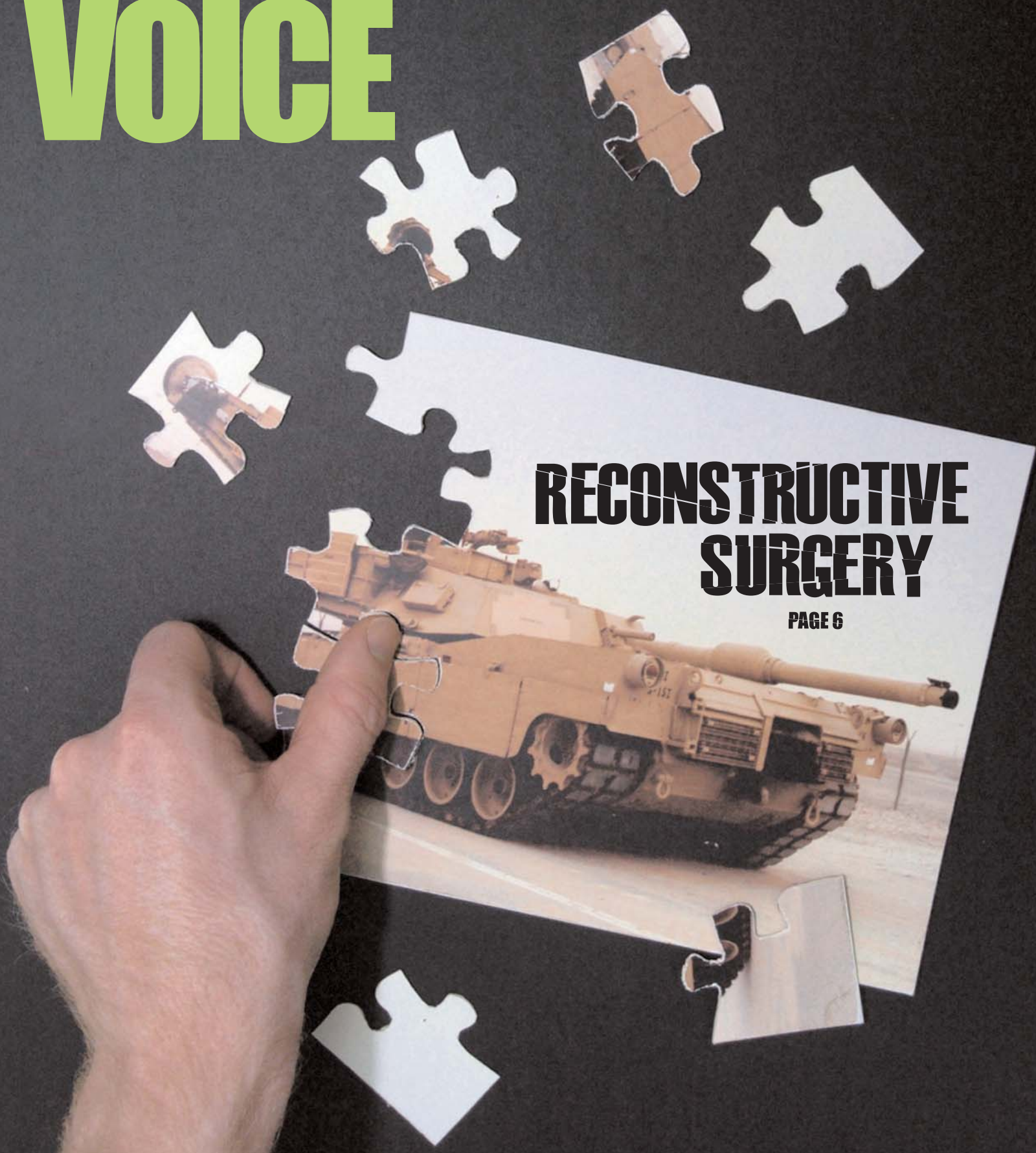


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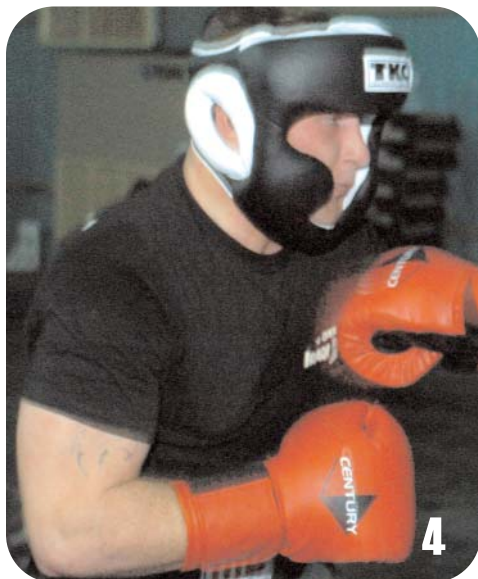
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Volume 26, Issue 25

The Desert Voice is an authorized publication for members of the Department of Defense. Contents of the Desert Voice are not necessarily the official views of, or endorsed by, the U.S. Government or Department of the Army. The editorial content of this publication is the responsibility of the Coalition Forces Land Component Command Public Affairs Office. This newspaper is published by Al-Qabandi United, a private firm, which is not affiliated with CFLCC. All copy will be edited. The Desert Voice is produced weekly by the Public Affairs Office.

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Though there aren't signs at the PX telling us not to steal, AAFES has other ways, such as undercover shoppers and hidden cameras, to help remind us that stealing is wrong and can get you in serious trouble.

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A member of the 295th Ordnance Company, a Reserve unit headquartered in Hastings, Neb., recently started a boxing team on Camp Arifjan, and it's quickly growing.

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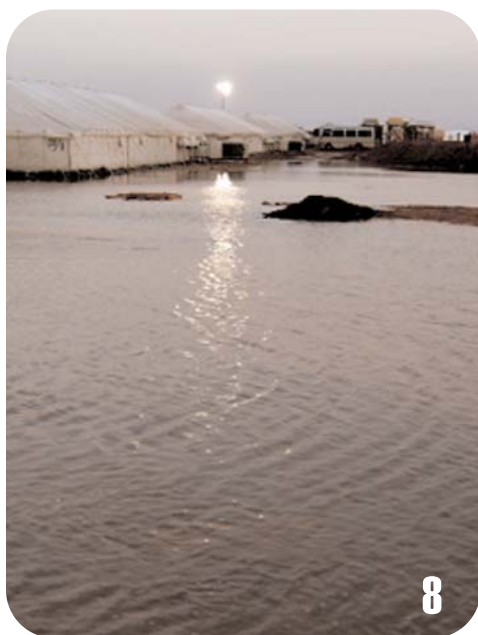
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CFLCC Command Sergeant Major

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On the Cover Putting the pieces of a battle-beaten tank back together for reuse in Operation Iraqi Freedom.

Photo illustration by Sgt. Matt Millham

Big brother AAFES is watching you

story and photo by Spc. Almee Felix

It's hard to believe that in an environment where servicemembers get paid more than usual, shoplifting is an issue, but unfortunately it is — one that cost the Southwest Asia Army Air Force Exchange Service almost \$40,000 last year.

Shoplifters in Southwest Asia actually stole about \$114,000 in merchandise last year, but AAFES' loss prevention department recovered about \$74,000 of that in reacquired items after catching 456 shoplifters, said Anthony McRae, area loss prevention manager for AAFES in Kuwait and Southern Iraq.

So, while servicemembers may think that the austere environment of some of the PXs in Kuwait is a perfect opportunity for shoplifting, they should think again, said Thomas Townsend, loss prevention manager for AAFES in Kuwait and Southern Iraq.

There are digital camera security systems in place in Camp Arifjan's Zone 1 PX and Camp Doha's PX. There will also be cameras in Camp Arifjan's Zone 6 PX when it is complete, said Townsend. And while there are no camera systems in the tent PXs in Kuwait, those exchanges utilize other loss prevention methods that, as the numbers show, have been very effective, said McRae.

One of the methods used is undercover shoppers. In some of the camps, a detail of troops roams the PX pretending to shop while keeping a lookout for thieves, and in other camps actual detectives do the undercover shopping, Townsend said. Also, in many of the camps in Kuwait, details of servicemembers serve as door checkers in the entrances and exits of the PXs, said McRae.



A loss prevention officer tracks floor activity at the Zone 1 PX at Camp Arifjan, Kuwait.

Another method the AAFES loss prevention department uses is training AAFES employees on how to detect shoplifters by teaching them how shoplifters typically behave, said McRae.

Employees are also taught to focus in on the areas where statistically most shoplifting occurs. In addition to the employees, the undercover shoppers also focus in on those areas, but both do so without abandoning the rest of the store, said McRae.

Some of the more commonly shoplifted items are knives, cologne, CDs and military wear like rank, patches and hats, said Townsend. The electronics department is usually the most appealing department for shoplifters, but most of those items are kept under lock and key, and most of those sections have designated employees to roam

that area, said McRae.

"It never ceases to amaze me why [servicemembers] in theater steal. I've seen a Soldier steal a \$17 wallet to put \$1,100 in it," said McRae. Shoplifting is about opportunity, but that opportunity is not as large as troops think, and if they do take advantage of an opportunity and are caught, they will definitely face consequences, said McRae.

Troops caught shoplifting will be turned over into the custody of their unit commanders by the military police. The punishment they receive is up to the commander, and it can range from an Article 15 to a court martial. Cases involving Department of Defense civilians are processed by the military police and then turned over to the Judge Advocate General office. In addition, shoplifters and their accomplices are fined a flat rate of \$200, and if the stolen merchandise is damaged and cannot be sold, the value of the item is added to that fine. This \$200 goes to help retailers offset their high merchandise losses and their added cost for security.

Three attempts will be made to recover this money. The first will be the actual fine, which can be disputed within 30 days of the fine with a letter of appeal to the general manager. If the general manager does not accept the letter of dispute, the individual must pay immediately. If AAFES does not receive the payment at that point, a letter is sent to the shoplifter's unit commander or supervisor. The third and final attempt of recovery is made through the Internal Revenue Service or through a garnishment of the shoplifter's wages. In addition, commander's can suspend a shoplifting servicemembers' AAFES shopping privileges.

Iraqi election

An Iraqi voter casts his ballot as an Independent Electoral Commission of Iraq worker looks on at a secure location near the Al Asad Air Base in Iraq Jan. 30. Marines and Soldiers stationed at the base maintained security for the polling station, keeping voters safe from attack.



photo by Marine Staff Sgt. Chad McMeen

Knockaround guys

story and photo by Spc. Curt Cashour

While it's situated far away from the daily battles in Iraq, a new group at Camp Arifjan is making it possible for the post's service-members to get their fight fix.

The Camp Arifjan Boxing Team meets Monday through Friday from 7:30 to 9:30 p.m. in the Zone 1 gym tent. The group, which is open to anyone, provides a chance to get in shape or train for competition, said head coach Darrell Govan, 41.

Started by Govan as a supplement to his unit's physical training program, the team blends running, calisthenics and weight workouts with sparring, shadowboxing and other boxing training techniques. The team has made boxing aficionados of many of its members and seen its ranks grow to include troops from other units since it started training shortly before Christmas, said Govan, a member of the 295th Ordnance Company, a Reserve unit headquartered in Hastings, Neb.

Team member Lux Beltran said he grew up hating boxing because his father would frequently commandeer his family's only television set to watch the sport. But after observing some of the team's practices, Beltran felt compelled to try.

Beltran, who is assigned to Area Support Group-Kuwait Headquarters and Headquarters Company, uses his workout sessions with the team to learn boxing basics. In addition to sore muscles and some scars on his knuckles, Beltran's training with the team has given him a newfound appreciation for the sport he once loathed, he said.

Rose Rose, also serving with ASG-Kuwait HHC, said she started working out with the team to inject a little variety into her workout schedule.

"I wanted to do something different instead of just lifting weights and running. This is definitely different," said the 45-year-old Rose.

The team's challenging training regimen has helped breathe life into the monotony of the work schedules many of the group's members have. But perhaps the most rewarding part of the experience is the self confidence team members develop, said assistant coach and 295th member Jesse Brockschmidt, 20.

"We show them how much they've got inside themselves, how much intensity, how much focus they can bring out. It just shows them what they can do," he said.



As Darrell Govan officiates, Arifjan Boxing Team members Bradley Luebke, left, and Brian J. Hamm spar during the team's practice Jan. 24 at Camp Arifjan's Zone 1 tent gym.

One of the team's training sessions last week was a flurry of activity. Against a backdrop of hip hop music, members rotated through a series of stations, shadow boxing, jumping rope and pummeling the heavy bag. Not far off, sparring partners traded blows in a makeshift ring fashioned from padded mats.

Still short of breath from his match with a teammate, 295th member Bradley Luebke, 23, said nearly everyone on the team has increased their pushup and sit up totals since training began.

"Every company should have their own boxing team," he said.

Govan mingled through the action, giving the troops tips on technique and checking on their well being in between officiating sparring matches. While the coaching drill is routine for Govan, the looks of pride and determination on his face indicate a love for the sport that hasn't been affected by the ups and downs of his own boxing career.

From 1983 to 1987, Govan fought full time for the Army, first with the Fort Polk, La., boxing team, then with the team at Fort Bliss, Texas. He made it all the way to the final match in the Army Forces Command boxing tournament in 1987, but forfeited the contest due to an adverse reaction he had to the high altitude of Fort Carson, Colo., where the contest was held, he said.

Govan got out of the Army shortly thereafter and moved to St. George, S.C., where,

in his spare time, he has taught boxing to kids ages 8 to 12 off and on for the last 18 years. Although he never achieved his ultimate goal of boxing in the Olympics, Govan said he finds satisfaction in passing on his knowledge to aspiring fighters.

"I want to see what's inside me grow in someone else, and maybe I can make it [to the Olympics] through them," he said.

With some help from former World Boxing Federation Champion and Army reservist Dennis McKinney, Pan American Games boxing gold medal winner and Soldier Leonard Bolanos and boxer-turned-Soldier Joe Young, all of whom are deployed to Arifjan, Govan and the rest of the team are hard at work preparing for a boxing tournament scheduled for March 2 at Camp Doha.

But competition isn't mandatory for a spot on the team. Govan said he'll welcome anyone who's willing to train hard and learn about the sport.

"The more the merrier," he said.

Join the team

The Arifjan Boxing Team practices Monday through Friday from 7:30 to 9:30 p.m. at Arifjan's Zone 1 gym tent. The team provides boxing equipment such as gloves and head gear.

For more information, contact Staff Sgt. Darrell Govan at 974-3482 (cell).

An Army of generosity

The 2004 CFC set a new benchmark for benevolence in CFLCC

story and photo by Sgt. Matt Millham

Despite a marked decrease in the number of potential donors, the 2004 Coalition Forces Land Component Command's Combined Federal Campaign saw more than a twofold increase in donations over the previous year.

The 2004 CFC charity drive brought more than \$176,000 in donations from throughout CFLCC. It was the largest amount of money ever collected for the CFC by CFLCC-Forward according to CFC Project Officer Paul Heilman, who was the primary coordinator for the drive.

The 2003 CFC drive brought in just over \$72,000 from more than 21,200 potential donors. In 2004, the number of potential donors shrank to less than 12,000, but the number of people who actually donated more than doubled from 979 in 2003 to 1,989. The average donation increased to \$88.95 from \$74.12 a year earlier.

During a ceremony Jan. 24 at Camp Arifjan's Zone 1 community center, Lt. Gen R. Steven Whitcomb, commander of 3rd U.S. Army and CFLCC, told donors that with everything going on today it was amazing to see servicemembers still contributing so much to charity. As much as those in CFLCC contributed to the campaign, "It's even more so when you go into Iraq and Afghanistan," said Whitcomb. "It think that says a lot about America, not just the military."

Whitcomb recalled a time earlier in his Army career when the system through which servicemembers could donate to charities wasn't nearly as organized or effective at communicating with potential donors. He hailed the efforts of CFLCC's CFC organizers, whose primary mission was to ensure that 100 percent of potential donors were contacted about the campaign. "The real success, I think, is how you go about talking to donators," Whitcomb said.

"The thing about this was, we had some great key workers," said Heilman, a Department of the Army civilian who has coordinated CFC campaigns for years at Fort Monroe, Va.

Coordinating the campaign in Kuwait was quite a bit different than it had been at Fort Monroe, said Heilman. While he was used to dealing with Monroe's on-post contingent of 3,000 people, here he had to try to reach out to the more than 11,000 people scattered around Kuwait, and many of those were in services other than the Army. "It's a

lot more diverse than what I was used to."

Renee Acosta, president and chief executive officer of Global Impact, a not-for-profit charity organization appointed by the Department of Defense to serve as the principal combined fund organization for the CFC overseas, attended the ceremony and spoke to the donors.

"We talk about money because it's easy, but it's not about the money," Acosta said. "It's about the beneficiary at the end of the line."

Recently, Acosta was deported while attempting to carry out a humanitarian aid mission, but she wouldn't say from where. Almost immediately after debarking for her mission, she was escorted back onto the plane she'd come in on. "I cried all the way to London," she said.

She said the experience taught her an important lesson. "I decided it was a good thing in my business to be humbled."

Altruism, more than humility, drove Staff

Sgt. Cristina Aguilera of the 377th Theater Support Command's chaplain section, to contribute to the Muscular Dystrophy Association. A family friend was recently diagnosed with the disease, she said. "We as Soldiers sometimes have the moral obligation to take care of others and not be worried so much about what's going on in our lives," she said.

A total of 25 unit awards, ranging from bronze to platinum, were presented during the ceremony. Bronze awards are given to units that donate an average gift of \$60 per potential contributor or have 40 percent participation. Silver awards are given to units that donate an average gift of \$90 per potential contributor or have 50 percent participation. Gold awards are given for an average gift of \$120 per potential contributor or 60 percent participation. Platinum awards are given for an average gift of \$200 per potential contributor or 85 percent participation.

1106th AVCRAD mourns fallen Soldier



Above, Command Sgt. Maj. Harold London, 1106th Aviation Classification Repair Activity Depot command sergeant major, sits pensively during a memorial ceremony for Staff Sgt. Jose Carlos Rangel Jan. 26. Rangel, 43, a member of the AVCRAD, collapsed while running Jan. 23 at Camp Arifjan and died soon afterward.

Rangel, born in Mexico, moved to Stockton, Calif., when he was 13. At 19, he joined the U.S. Marine Corps and served a total of 17 years in the U.S. military, most recently in the Active Guard Reserve.

Rangel is survived by his wife and three young sons. He was posthumously awarded a Meritorious Service Medal.



RECONSTRUCTIVE SURGERY

story and photos by Spc. Almee Felix

Once 70-ton hulks of dented, dysfunctional steel, 30 tanks that have been refurbished to like-new condition are on their way to Iraq where they will be used by the 3rd Infantry Division when the division moves north in early February.

Refurbishing these and hundreds of other tanks is part of an all-Army program designed to make troop rotations more seamless by keeping tanks and other combat equipment in theater.

The program is made up of two parts. The first is the in-theater refurbishment of battle-damaged and worn equipment. The second part of the program leaves functioning assets in Iraq to speed force rotations in and out of theater. So, rather than go through the painstaking process of shipping millions of tons of vehicles and equipment back and forth across the oceans, units essentially tag-team, picking up the mission with the same equipment that has been in theater since the beginning of OIF.

"It's a logical step. There's no point in up-armoring new Humvees [for an incoming unit] if the outgoing unit already has some [up-armored Humvees]," said Lt. Col. Scott Fletcher, commander of Army Material Command's Combat Equipment Battalion-Kuwait.

Another asset to the program is that repairing tanks in theater instead of getting new ones saves the Army about \$1.5 million per tank, said Chief Warrant Officer Terry Hetrick, CEB-Kuwait's maintenance chief. The fixed tanks are as good as new, he said.

The tanks and all other equipment are repaired by



At top, General Dynamics employees try to retrack an M1A1 Abrams tank. Above, damaged tanks at an Arifjan lot wait to be refurbished.

CEB-Kuwait and their sister unit, CEB-Qatar, said Hetrick. The 30 tanks on their way to Iraq for 3rd ID to use are the third of five sets the division will have in Iraq by early February. CEB-Kuwait has been repairing the 200-or-so tanks since April 2003.

About a third of the tanks were left in pre-positioned equipment lots at Camps Arifjan and Doha, Kuwait, by the 3rd ID when the division redeployed from the first rotation of Operation Iraqi Freedom. Some of the tanks were old 2nd Infantry Division tanks that were moved here from Korea after the 2nd ID got new tanks, and others came from a military vehicle refurbishment program in Charleston, S.C., said Fletcher.

Since most of the tanks in the pre-positioned lots were left there by 3rd ID after their first deployment, some 3rd ID Soldiers had actually ridden in the improved tanks when they were in their previous



Clockwise from left, Vehicles as battered as this M1A1 Abrams tank have been refurbished for reuse in Iraq. Soldiers with the Wisconsin National Guard's 1158th Transportation Company guide tanks onto Heavy Equipment Transporter trailers. Staff Sgt. Phillip Moore, a tank commander with the 3rd Infantry Division's 2nd Brigade, inspects his tank's basic issue items. A 3rd ID Soldier conducts preventive maintenance checks and services on his tank. Army Materiel Command workers fix an M1A1 Abrams tank engine. Contractors work on a road wheel that 3rd ID Soldiers realized was slightly loose during a PMCS Jan. 25.

states of disrepair. But any concerns 3rd ID Soldiers had about riding in tanks they watched fall apart were wiped away when they showed up at CEB-Kuwait's lot at Camp Arifjan to inspect and sign for their immaculate equipment. One 2nd Brigade, 3rd ID Soldier, Cpl. Kenny Parker said, "If this is the standard, then what I had [in OIF 1] was definitely substandard." Parker was referring to the tank he'll be the gunner of in a week. He added that this was the first time he ever conducted preventative maintenance checks and services on a tank and found absolutely no faults.

All the 3rd ID's 2nd Brigade Soldiers were pleased with the condition of their tanks and the extra detail CEB-Kuwait put into them – details like stenciling the bumper numbers onto all the tanks, making sure each one had a box of bottled water, placing extra batteries in the basic tool issue that comes with the tank, giving them extra oil and lubricant products and putting heat shields on the tanks' exhaust vents to protect anyone or anything going behind the tanks, said Hetrick.

"As soon as I saw the bumper numbers already stenciled, I knew I'd be spending like an hour less than I expected to spend PMCSing the tanks," said Staff Sgt. Sean Spoor, tank commander with the 2nd Brigade of the 3rd ID.

The Army Materiel Command's CEB-Kuwait has worked with its main contractor ITT and with General Dynamics, which manufactures the Abrams, and Anniston Army Depot, which

rebuilds many of the Army's tanks, to get all kinds of essential equipment ready for the 3rd ID's deployment, said Hetrick. At the same time CEB-Kuwait was issuing the 3rd ID's 2nd Brigade its allotted number of tanks, CEB-Kuwait was putting the final touches on 40 Humvees they had added armor kits to in order to ready them for another 3rd ID brigade. CEB-Kuwait was told about the Humvees just 12 hours before the 3rd ID brigade needed them, but still made the short deadline.

CEB-Kuwait works on a sort of checks and balances system to ensure the quality of refurbished tanks. After the contract mechanics refurbish the tanks, CEB-Kuwait's quality control non-commissioned officers conduct a PMCS of the tanks, and then on the day the tanks are going to be taken to Iraq, the unit that will be using the tanks conducts its own PMCS of the equipment. If any faults are found the problem is fixed on the spot, or the tank is replaced, depending on the degree of the fault, said Fletcher. "We don't want to be the reason these guys don't go home," he said.

There are still hundreds of tanks and other vehicles at a few lots waiting to be fixed at Doha and Arifjan, but not as many as there were. In August 2003, about 10,000 vehicles crammed the lots. Hundreds of those vehicles have been sent to the United States to be refurbished. CEB-Kuwait and its contractors continue to repair others to the standard described by Fletcher's motto as, "service to the line, on the line and on time."



More with less

story and photo by Spc. Almee Felix

With just under a thousand troops in the Central Command area of responsibility, Australia's coalition support of Operation Iraqi Freedom continues under what the Australians call Operation Catalyst.

Made up of about 40 troops, the Australian support group provides deployment and redeployment support to the Australian air force, army and navy, all of which are a part of the coalition efforts in Iraq.

The group is stationed in Baghdad, Iraq, but half of that group is located in a neighboring Southwest Asian country, which the Australians did not want to disclose for reasons of operational security.

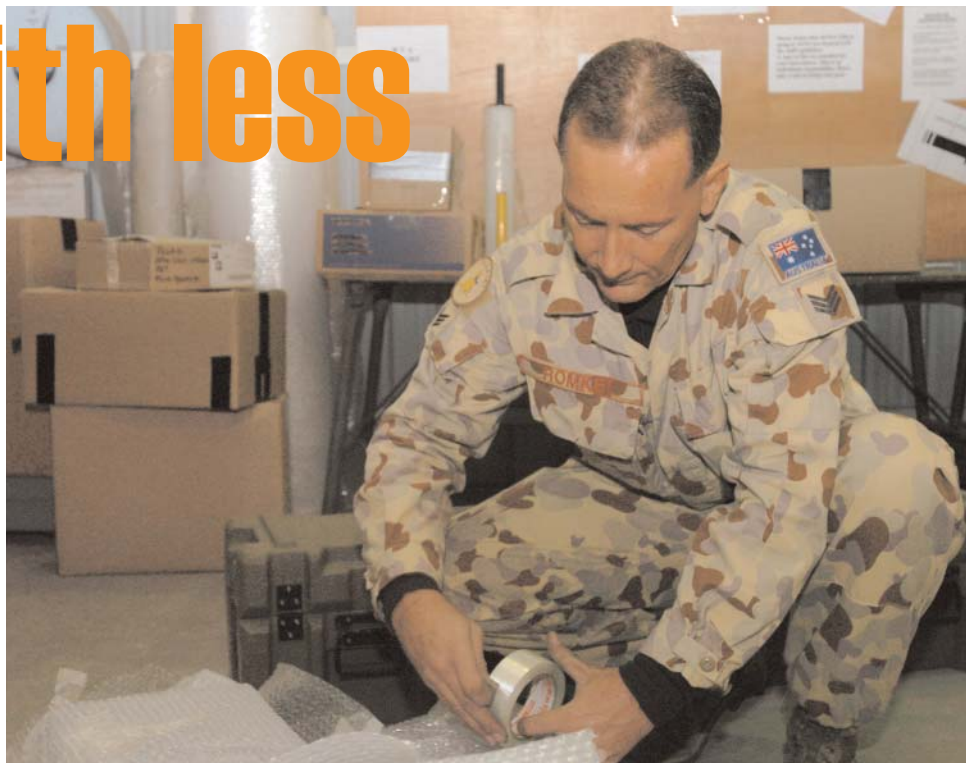
The half of the support group at the undisclosed location handles all deployment and redeployment operations just as the United States would, but with just one warehouse, the operation is on a much smaller scale.

"We do more with less," said Australian Navy Lt. Andrew Willett, operations officer for the Australian support group. Willett explained that while Australian resources are slim, they make the most of what they have. He attributed that to the adaptive character of Australia's military and to the ability of its members to "think outside the box."

The group is a limited element with not-so-limited capabilities. It consists of a movement detachment, finance troops, supply and logistics troops, signal troops and administrative clerks. These troops are there every step of the way for deploying and redeploying Australian troops.

We pick them up at the airport and take it from there, said Willett. Australian troops arrive in theater with nothing more than their uniforms. The Australian support group distributes weapons, helmets, vests and any other protective or basic battle gear. The support group's movement detachment arranges the troops' flights in and out of theater and the flights of their vehicles from an undisclosed location to Iraq. If the troops have any administrative or financial needs to be resolved, they can take care of them through the support group, so that the issue is resolved before arriving in Iraq.

Australian troops don't all rotate at the same time, so on any given month there could be anywhere from 30 to 200 troops processing in theater on their way to or from their six-month deployment in Iraq, said Sgt. Carmen Costello, the warehouse supervisor. Costello is in charge of supplying gear to troops up north. She arranges the purchase of needed equipment by ordering from



Sgt. Tony Romkes, a member of the Australian support group, wraps several radios that will be returned to Australia. Romkes is one of the groups 40 members.

Australia, the U.S. military or from local contractors. She then arranges for the gear to be flown to the troops in Iraq.

Although Australian troops in theater are subject to the same restrictions that are placed on U.S. troops, Costello said this has been a really good experience for her. She does miss green lawns, her family, barbecues and beer, though.

Aside from their general dislike of the food at the dining facility, the Australian support group had no serious complaints. They prefer their own food rations called barbecue packs, which consist of barbecued chicken, salad and various other items. They are pleased, however, by how accommodating support elements of the U.S. military have been whenever the Australians have needed their help, even with how hot and cold members of the U.S. military can be, said Willett, referring to the varied personalities of American troops.

Maj. Phillip Hoglin, officer in charge of the support group, has hosted appreciation barbecues for some American units who've helped them out in theater. Hoglin, who redeployes in a few months, appreciates anything that makes his time away from his 1- and 2-year-old children easier. Hoglin said he's glad to be deploying during a in his children's life when they're less aware of his absence.

While his family as well as the families of the other troops miss their troops, and while the issue of their deployment is a contentious one among Australians, most Australian people understand the troops are just doing their job, said Willett. "It makes things easier when the public supports you," he added.

Australia Facts

Australia is the smallest continent.

Generally, Australians actually dislike Foster's beer.

The population of Australia is 18 million.

Australia is 15 hours ahead of the East Coast of the United States.

Toilets in Australia flush counterclockwise.

Australia's Tasmanian devil, the world's largest surviving carnivorous marsupial, has the jaw strength of a crocodile.

Between the towns of Ooldia and Nurina, in western Australia is the world's longest straight stretch of railway, measuring 478.4 kilometers in length.

Dingoes are Australia's national dog. They have inhabited the continent for over 3,500 years.

The roof of the Sydney Opera House weighs over 161,000 tons.

The Great Barrier Reef is the largest coral reef in the world, measuring more than 2,000 kilometers in length. It has a mailbox that tourists can ferry out to so they can mail postcards directly from the reef.

Australia is the only English-speaking country to make voting compulsory in federal and state elections.

When under British rule in the late 1700s, Australia, then New South Wales, was used as a penal colony to aid with the overcrowding of British prisons.

Granny Smith apples were originally cultivated by Maria Smith of Eastwood, New South Wales in the 1860s.

Is this normal?

story by Spc. Almee Felix

It created a line of several hundred cars at Camp Arifjan's commercial gate, mangled Camp Buehring's main supply route and flooded roads, tent pads and motor pools in camps all over Kuwait.

The culprit: a 14-hour-long rain storm that dumped almost an inch and a half of rain on parts of Kuwait Jan. 22.

The 844th Combat Engineers Battalion, with the help of willing contractors KBR and KMS, has been working day and night since Jan. 23 to fix what needs fixing, said Capt. Holly Hileman, commander of the Headquarters and Headquarters Detachment, 317th Quartermaster Battalion at Camp Buehring.

By the time the storm ended, it had rained 1.32 inches, which is more than the usual monthly rainfall in an average rainy season in Kuwait. Once the storm hit, Hileman said she became the eyes and ears out on the camp for the engineers. The 844th engineers needed to know what to expect of the following day's work.

The engineers immediately started preparing Soldiers for a 24-hour operation, said Capt. Darrick Wright, commander of the 844th Engineers' B Company.

"They didn't wait to be told what to do," Lt. Col. Donato Dinello, commander of the 844th, said proudly.

Hileman said she helped with some of the more immediate fixes at Buehring, like gathering a detail of Soldiers to distribute pallets for troops to create walkways to the entrances of their tents. "Some of the pallets floated away, but it mostly worked," she said.



photo by Spc. Timothy I. Taylor, 317th Quartermaster Battalion

At Camp Buehring, tent pads turned into shallow ponds when almost an inch and a half of rain dumped on northern Kuwait in 14 hours Jan. 23.

Troops from three tents at Camp Buehring were displaced for the night because of the flooding. They were accommodated in other tents until the following day when the 844th and KBR drained 100,000 gallons of water out of Buehring's most severely flooded tent pad at and into a makeshift retention pond.

The flooding caused a few short circuits and some generators went out, but other than that, there were no major electrical problems, said Hileman. The biggest mission would be road repairs. The engineers are still working on grading the main road that goes through Buehring. For the meantime, though, the engineers built an alternate northbound route that circumvents the ruined primary route. They also filled potholes that developed after the dirt road going into Buehring began to harden.

Based on 22 years of data, the average yearly rainfall in Kuwait is five inches. Now, midway into the rainy season, the country has almost reached the five-inch mark, but that isn't uncommon, said Air Force

Capt. Bruce Reeves, Coalition Forces Land Component Command staff weather officer.

What has been different in the weather is that the storms that have occurred this season have been rainier than usual. The rainy season also started earlier than usual and the storms have extended farther south than they have in the past 22 years.

Reeves, a self-proclaimed weather geek, provides a simple explanation for this. The sub-tropical jet stream, which is essentially a very fast-blowing river of air 30,000 feet above the surface of the earth, is a little further south this year than it usually is.

That move south is what caused the flooding in Arifjan. Rock of the Marne Road, a main road in Camp Arifjan was one of the most severely flooded roads, which Soldiers from the Headquarters and Service Company of the 844th had to pump water out of. Engineer Soldiers from the 3rd Infantry Division volunteered to help the 844th pump water out of the roads, and out of a sterile yard in Camp Arifjan, said Wright. The engineers also repaired the inbound lanes of Arifjan's commercial gate, and they pumped water out of several flooded parking lots in Arifjan.

The engineers have been working a lot and at a high speed, said Wright. "They reacted exactly as I expected because they're well-trained guys, and they have a lot of initiative," said Dinello.



A satellite image of the Jan. 23 storm that flooded many of Kuwait's U.S. military camps shows the storm streaming over a large swath of Southwest Asia.

Tame that tension

story by Spc. Curt Cashour

It's no secret that military life can be stressful.

Start with the normal stressors associated with any working environment, take away traditional family support structures, throw in the dangers associated with fighting terrorism, and you'll have the recipe for stress that more than 100,000 troops deal with every day.

Despite these factors, there are many ways to deal with stress before it causes problems. And if tension does start to get the best of you, the military offers a number of stress-related services for troops serving in or passing through Kuwait.

One of the most common stressors for deployed troops is adapting to the change from a garrison to a deployed environment, said Air Force Lt. Col. William Wall, commander of the Combat Stress Team South, at Camp Arifjan. Deployments often consist of routine days interspersed with extremely heightened periods of activity, which can disrupt sleep schedules and other routines.

There are a number of ways to combat the stress brought on by the heavy workloads associated with deployments, Wall said. Staying in close contact with supervisors is key. Leaders can provide information on what's expected from troops and also serve as mentors throughout the deployment.

Leaders can also take steps to reduce the stress levels of their subordinates.

"The bottom line is if you don't take care of the troops, they can't take care of the mission," Wall said.

This means checking in with troops to see what they need to accomplish the mission, providing recognition and expressing appreciation for a job well done, remaining open to suggestions and keeping an eye out for career development, Wall said.

"If they've got people eligible for promotions, get them promoted," Wall said.

While there's always work to be done on deployments, personal time is still important. A break in the action every now and again – Wall recommended at least 24 hours a week – can increase productivity. To make the most of time off, Wall said troops should prepare a list of activities they want to accomplish during personal time and stick to it. The activities don't necessarily have to be productive, the important thing is that they are enjoyable.

Another deployment related stressor is separation from family members. The time apart tends to leave both servicemembers and their families with feelings of frustration, which can cause stress, Wall said. Making matters even more difficult are the massive time difference between southwest Asia and the United States and the fact that communication resources in theater are sometimes limited.

To deal with these hardships, Arifjan stress team psychiatrist Air Force Capt. James Rachal recommended writing a letter or sending a card back home. While traditional mail is certainly slower than its electronic counterpart or a phone call, those back home will appreciate the effort, Wall said.

No matter what steps troops and leaders take to reduce stress, tense situations will undoubtedly arise. There are a few things, however, that can be done to manage the impact of stressful events, Wall said. These steps include:

- Maintain a regular sleep pattern and try to get at least 5 hours of sleep per night
- Stick to a regular, daily exercise program.
- Maintain a healthy diet and eat three meals a day.
- Don't isolate your coworkers.
- Stay connected with friends and family as much as possible.
- Maintain reasonable expectations for the environment in which you're serving.

If troops still have problems dealing with stress, there are plenty of military resources in Kuwait they can go to for help. Kuwait has two

mobile combat stress teams, located at Arifjan and Camp Buehring, respectively.

Staffed with psychiatrists, social workers and mental health technicians, the four-man teams travel to each of Kuwait's U.S. military camps offering a variety of mental health and counseling services that provide help in dealing with everything from stress and family separation issues to battlefield trauma, said Air Force Col. Gregoria Marrero, psychiatrist and officer in charge of the Buehring Combat Stress Team.

An extensive network of chaplains is also available to listen to the problems of troops and offer tips on how to cope. Chaplains in Kuwait pool their resources across different units and services to offer help to troops of every faith, said Army Chaplain (Lt. Col.) John Cook, deputy of the Coalition Forces Land Component Command Chaplain Office.

But being religious is not a requirement to meet with a chaplain, Cook said. Chaplains are trained in counseling techniques and often help troops deal with problems that aren't religious in nature.

"Sometimes Soldiers need somebody who understands, somebody that has time to listen. That's what chaplains are there for," Cook said.

Cook did point out, however, that religion can be a helpful tool for dealing with the rigors of deployment.

"Sometimes this theater causes you to ask big questions, and religion can provide answers," he said.

While the stress troops are under can make deployments difficult, Wall said it's important to note that operating under stressful conditions can provide a wealth of benefits such as increased competence, improved relationships and a greater appreciation for life.

"[After a deployment] they're going to have a different view of life, and that's going to be positive," he said.

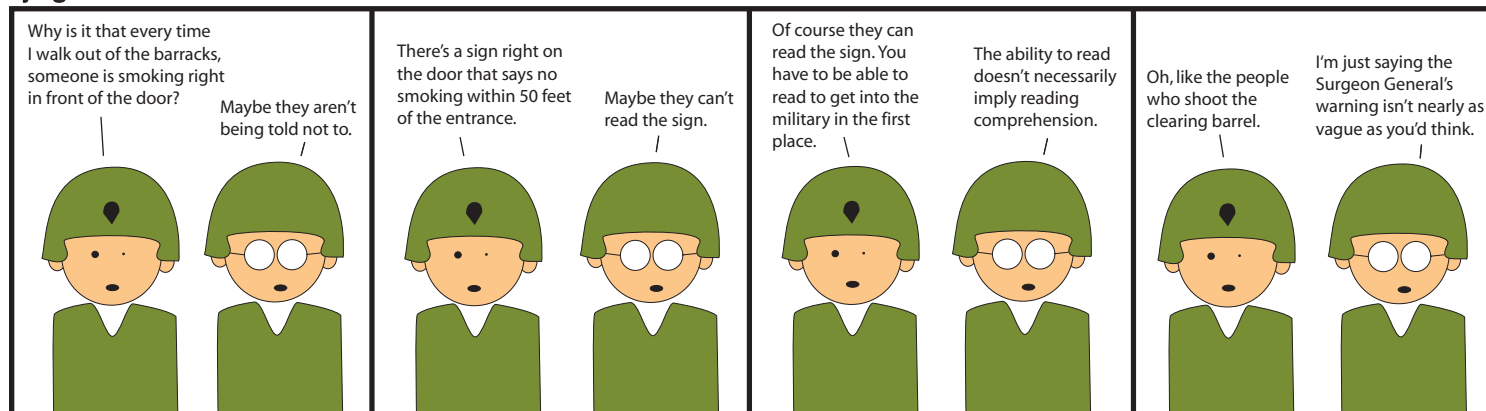
For more information:

Combat Stress Team, South
(DSN) 430-7038
(Cell) 786-3874

Combat Stress Team, North
(DSN) 828-1434
(Cell) 979-2254

behoovery

by Sgt. Matt Millham



Community

happenings for Feb. 2 through Feb. 9

Arifjan

Wednesday

Ping Pong Tournament, 7 p.m., Community Center
Country Western Night, 7:30, Zone 6
Combat Kick Boxing 5:30 a.m., Power Stretching 8 a.m., Bench/Step Workout 10 a.m., Body Pump Workout 1 p.m., High/Low Aerobics, 7 p.m., Zone 1 gym tent
Aerobics, 6 p.m., Zone 6 gym tent
Aerobics, 7 p.m., Zone 2 gym tent

Thursday

Spinning Class, 5:30 p.m., Zone 2 gym tent
Country Music Night, 7 p.m., Community Center
Open Mic Night, 7:30 p.m., Zone 6 MWR area
Karate Class, 7:30 p.m., Zone 6 MWR area

Friday

Spa Day, 10 a.m. - 5 p.m., Zone 6 MWR tent
Salsa Night, 7 p.m., Community Center
Persian Carpet Seminar, 7 p.m., Zone 6 MWR tent
Lap swimming, 5 to 7 a.m., pool
Aerobics, 6 p.m., Zone 6 MWR tent
Step Aerobics, 7 p.m., Zone 1 gym tent
Aerobics, 7 p.m., Zone 2 gym tent

Saturday

Jazz Night, 7 p.m., Community Center
Combat Kick Boxing 5:30 a.m., Power Stretching 8 a.m., Bench/Step Workout 10 a.m., Body Pump Workout 1 p.m., Combat Kick Boxing 3 p.m., Zone 1 gym tent
Lap swimming, 5 to 7 a.m., pool

Sunday

Salsa Night, 7:30 p.m., Zone 6
Lap swimming, 5 to 7 a.m., pool
Bench/Step Workout 5:30 a.m., Super Abs 8 a.m., Power Stretching 10 a.m., Body Pump Workout 1 p.m., Bench/Step Workout 3 p.m., Zone 1 gym tent
Monday
Super Bowl, 5 a.m., Zone 6 DFAC and Community Center
Country Western Night, 7:30 p.m., Zone 2 stage
Table Tennis, 7:30 p.m., Zone 6 MWR tent
Lap swimming, 5 to 7 a.m., pool
Combat Kick Boxing 5:30 a.m., Power Stretching 8 a.m., Bench/Step Workout 10 a.m., Body Pump Workout 1 p.m., Combat Kick Boxing 3 p.m., Zone 1 gym tent
Aerobics, 6 p.m., Zone 6 gym tent

Tuesday

Fat Tuesday Mardi Gras Night, 7 p.m., Community Center
Top 40 Night, 7:30 p.m., Zone 6 MWR tent
Lap swimming, 5 to 7 a.m., pool
Bench/Step Workout 5:30 a.m., Super Abs 8 a.m., Power Stretching 10 a.m., Body Pump Workout 1 p.m., Bench/Step Workout 3 p.m., Zone 1 gym tent

Wednesday

Tennis Tournament signups, Fitness Center
8-Ball Tournament, 7 p.m., Community Center
Country Western Night, 7:30 p.m., Zone 6 MWR tent
Ash Wednesday Service, Mass at noon and Ecumenical service at 7 p.m., Zone 1 Chapel
Combat Kick Boxing 5:30 a.m., Power Stretching 8 a.m., Bench/Step Workout 10 a.m., Body Pump Workout 1 p.m., High/Low Aerobics, 7 p.m., Zone 1 gym tent

For more information call 430-1202

Buehring

Thursday

Karaoke Night, 9 p.m., Bunker

Monday

Super Bowl, 2 a.m., MWR tent
Bingo, 9 p.m., Tent 1

For more information call 828-1340

Doha

Wednesday

Amateur 8-Ball Tournament, 7 p.m., Frosty's

Friday

Karaoke Night, 7 p.m., Frosty's

Saturday

Deadlift Competition, 7 p.m., Fitness Center
Raggae and Carribean Swing Dance Night, 7 p.m., Frosty's

Monday

Super Bowl, 1 a.m., Frosty's

Wednesday

Open Mic Night "Battle of the Rapper", 7 p.m., Frosty's

For more information call 438-5637

Kuwaiti Naval Base

Wednesday

Self Defense 1, 6 p.m., aerobics room
Foosball Tournament, 7 p.m., new gym

Thursday

Texas Hold'em Poker, 7 p.m., new gym
Techno Dance, 7:30 p.m., old temp. gym tent

Friday

Bowling, 4 p.m., bowling alley
Latin Dance, 7 p.m., old temp. gym tent
Basketball Tournament, 8 p.m., Kuwaiti gym

Saturday

Tennis Tournament, 4 p.m., side of Kuwaiti gym
Ping Pong Tournament, 6 p.m., new gym
Softball, 6 p.m., next to soccer field
R&B Dance, 7 p.m., old temp. gym tent

Sunday

Army v. Navy Ultimate Football, noon, Kuwaiti soccer field
Army v. Navy Football, 2 p.m., Field next to gym
Army v. Navy Basketball, 4 p.m., Kuwaiti Gym
Army v. Navy Softball, 6 p.m., softball field

Monday

Super Bowl, 5 a.m., Movie tent
Marine Corps Martial Arts, 1 p.m., TMC
Darts Tournament, 6 p.m., gym
Chess/Spades/Checkers/Dominoes, 6 p.m., gym
Bowling, 7 p.m., bowling alley

Tuesday

Leg Press Competition, 1 p.m., gym
Bench Press Competition, gym, 1 p.m.
PS2 Tournament, 5 p.m., new gym
Self Defense 1, 6 p.m., aerobics room
Chess/Spades/Checkers/Dominoes, 6 p.m., new gym
Self Defense 2, 7:30 p.m., aerobics room
Country Western Dance, 8 p.m., old temp. gym tent

Wednesday

Kuwait v. U.S. Sports Day, Soccer, 9 a.m., Squash, 9:30 a.m., Basketball, 10 a.m., Waterpolo, 11 a.m., Awards Ceremony, 12:30 p.m., all at Kuwaiti Gym
Valentine's Day 5K, 6:30 a.m., CDR Parking lot

For more information call 839-1009

Navistar

Wednesday

Female Self-Defense Class, 9 a.m. and 7 p.m., MWR tents

Thursday

Karate Class, 9 a.m. and 7 p.m., MWR tents

Monday

Female Self-Defense Class, 9 a.m. and 7 p.m., MWR tents
Chess Practice, 8 a.m. - 10 p.m., MWR tent
Dominoes Tournament signup, NLT 1 p.m., MWR tent

Tuesday

Karate Class, 9 a.m. and 7 p.m., MWR tents

Wednesday

Female Self-Defense Class, 9 a.m. and 7 p.m., MWR tents

For more information call 844-1138

Spearhead/SPOD

For more information call 825-1302

Victory

Wednesday-Monday

First week of NCODP, time TBD, MWR tent

Monday

Super Bowl, 5 a.m., MWR tent

For more information call 823-1033

Virginia

Wednesday

Chess Tournament, 5 p.m., MWR tent

Thursday

Spades Tournament, 6 p.m., Dusty Room

Friday

Billiards Doubles Tournament, 6 p.m., MWR tent

Saturday

Billiards Singles Tournament, 6 p.m., MWR tent

Sunday

Bazaar, 10 a.m. - 8 p.m., Dusty Room

Monday

Foosball Tournament, 6 p.m., MWR tent

Tuesday

Bingo Night, 7 p.m., Dusty Room

Wednesday

Trivia contest, 6 p.m., MWR tent

For more information call 832-1045

Doha/Arifjan Shuttle Schedule

Departs Doha Stop 1*	Arrives Doha Stop 2*	Departs Doha Stop 2*	Arrives Arifjan	Departs Arifjan	Arrives Doha
				0545	
	0700	0715	0830	0845	1000
1015	1025	1040	1200	1300	1430
1445	1450	1505	1615	1630	1745
1900	1910	1925	2045		

* Stop 1 is behind the Building 6 PAX Tent

Stop 2 is between Buildings 28 and 31

Doha/Al Al Salem Bus Schedule

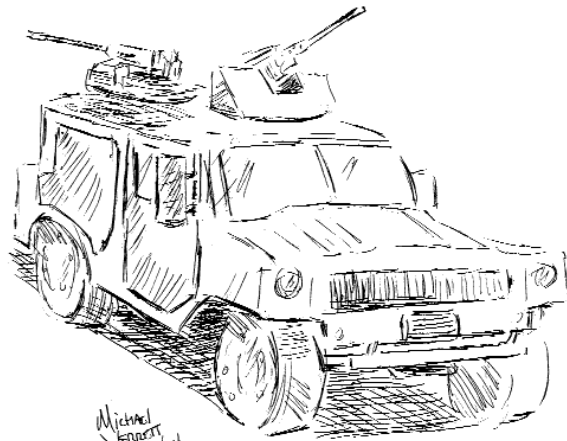
Departs AAS	Arrives Doha	Departs Doha	Arrives AAS
		0615	0745
		0815	0945
0800	0930	0945	1115
1000	1130	1245	1415
1130	1300	1415	1545
1430	1600	1615	1745
1600	1730	1745	1915
1800	1930	1945	2115
1930	2100	2115	2245
2130	2300	0015	0145
2300	0030	0145	0315
0200	0330	0445	0615
0330	0500		
0630	0800		

FOR MY SONS

by Staff Sgt. Bryan Floyd, Base Defense Liaison Team

So how do I do this, tell my boys that I'm gone
Tell a two and a five year old that their father may never come home
What do I do, where do I go from here
How do I tell them that I'll be gone for a year
How do I keep an oath that's been made for 15 years
Without causing pain, without causing tears
I don't want to wake up, but how do I sleep
Knowing I've made two promises that I must Keep.
The first to my country to serve and defend
An oath I will uphold to no end
The second to my sons, to be their dad
To raise them up happily, not ever to be sad
But how do you forgo sadness when you must leave
Losing your family to fulfill an oath in which you believe
Your daddy has to go to keep his country free
A duty I must honor because they have called on me
I never thought that this day would come
But needed now, I am by some
They need me to help them, this I must do
Because if I can't protect them, then I can't defend you
We must show the world that democracy stands
And take care of all that are in our hands
So if I don't come home, now you'll know why
I could not let a chance for their freedom pass me by
Don't look at me as a father who ran out on you
I'm only doing what I hope you would do
Save another's life, be a hero if asked
Do your duty to your country, die if tasked
But these words are for naught, because I'm coming home
So the world can rejoice in what I have grown
Two beautiful sons, both having my eyes
Bluer than any ocean and clearer than most skies
And both having hearts as big as the sun
And my will for freedom with the courage to see it done
Both of them having a duty to me
To one day honor and protect their own family
Passed down from my father, and his before me
The reason our country has always been free
Generations have stood and parents have given
Their sons and daughters to uphold the life we're living
I'm not the first to have gone, but I hope I'm the last
To go to make freedom live long and steadfast
I promise you my sons, your father will return
But if not, then you must open my urn
And spread my ashes over freed ground
And raise your hands to you hearts when you hear the sound
Of the national anthem being played
Or see the colors uncased and displayed
Because they are what I left for: the red, white and blue
Duty, honor country, freedom, but first and foremost – you two

by Lt. Col. Michael Verrett, CFLCC container manager, CFLCC C4



HUMMER (HUMMER) \$125,000
UP ARMOR KIT: HAND MADE/PARTS STOLEN
EXTRA MACHINE GUN: APPROPRIATED/FOUND/DON'T ASK
LOOK ON ENEMY'S FACE WHEN YOU LIGHT HIM UP - "PRICELESS"

Safety Corner

Fire prevention

from the 377th Theater Support Command Safety Office

It is the responsibility of unit leaders to practice good fire safety. Each unit should designate a unit fire marshal who will periodically inspect living and working areas for fire hazards. Portable extinguishers should be visually inspected monthly. If your extinguisher needs replacing, notify the fire department. Also, all personnel should know how to use a portable fire extinguisher. A simple acronym for this is **P.A.S.S.**

Pull the pin
Aim at the base of the fire
Squeeze the handle
Sweep back and forth (left to right)

Other safe fire habits include: keeping entrances and exits clear of blockage; not allowing paper or wood products to accumulate near living areas; practicing fire drills and designating rally points; and enforce no-smoking rules in living areas.

For more information contact the 377th TSC Safety Cell's Maj. Phelps at 430-6113 or 1st Lt. Surgi at 430-5414.

DESERT VOICE

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